

The Daily Bites

December 9, 2009

The most outstanding Q & A, excerpts, examples, illustrations, definitions, and advice from the Daily Kabbalah Lesson of Dr. Michael Laitman and Bnei Baruch

Daily Kabbalah Tip

Advice in the daily Kabbalah lesson is recommended, practical tasks for advancing spiritually

Penetrating What Is Said In The Book Of Zohar

What is the major advice Kabbalists give to a man who wants to enter the feeling of the spiritual world?

In order to feel what is written in *The Book of Zohar*, I have to penetrate deep inside it. How? Kabbalists give us a number of tips, of which the major one has to do with making an effort, the exertion towards discovering the place where we are connected as one to the One Force—this is the central action we should concentrate on during the reading.

This exerting effort is what enters me in to the feeling of this book. This is “Practical Kabbalah.” And I say this from experience.

The truth is, that the reading itself treats the person and directs him. All we have to remember is that the entrance to this book is emotional; there is no need to understand anything, just try to feel what is written in it. And this way, slowly, slowly, time after time, we will begin to enter the feeling of the spiritual world.

-from the 1st part of the daily Kabbalah lesson (Zohar L'am, “Noah”, minutes 49 to 53)

Daily Kabbalah Reality Check

Examples in the daily Kabbalah lesson elucidate spiritual concepts through explanations of situations in this world

“Manoula” And “Mifthah”

What is hidden behind the terms “Manoula” and “Mifthah” mentioned in the Zohar?

The term “Manoula” is related to the Hebrew word for a lock and the term “Mifthah” is related to the Hebrew word for key. Like everything else in the Zohar, “Manoula” and “Mifthah” are two forces created in a person from integrating with the force of bestowal during the breakage of the vessels. It is the integration between the will to receive and the will to bestow that exists in each one of us. If we find the correct form, the correct relation between them, we open the way to receive the Upper Light.

“Manoula” is the integration of the forces of receiving inside the forces of bestowal, while “Mifthah” is the integration of the forces of bestowal inside the forces of receiving. “Manoula” is the force of Malchut that closes, namely that blocks the abundance so we won't lose control and receive it before we are ready. After we guard the “Manoula” we can start dealing with the “Mifthah” namely, with the proper way to open our desires to the abundance offered to us by the Creator.

-from the 1st part of the daily Kabbalah lesson (Zohar L'am, “Parasha Noah”, minute 8)